

Sourdough gets new look

- The Sourdough Sentinel has made a few changes to the look of the paper this year. The largest change is the design of the flag above. We incorporated new color, added the skyline of the city of Anchorage, to show that we are a part of the community and incorporated the U.S. flag, under which we serve. We have also added the mountains to show we are living and working in the Great Land. We will also display a different 3rd Wing aircraft approximately every month to show the diversity of the mission here at Elmendorf.



Arctic Warriors receive Bronze Star

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New 3rd Wing command chief

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Jan. 6, 2006 Sourdough Sentinel **Up Front**

The night that thankfully wasn't

By Lt. Col. Michael T. Halbiq 3rd Wing Public Affairs

It started out with the promise of being a great night.

A friend and I were spending a nice Friday night out comprised of dinner followed up with the Alaska Aces hockey game against the Vancouver Salmon Kings.

I was driving from my friend's home down from Hillside, where she lives, to the highway and on to downtown, doing the speed limit of 45 mph, and we were ready for a nice evening out.

It was about 5:30 p.m. and we were heading down Rabbit Creek Road. It is a steep road that can easily put your speed well above the limit if you're not careful. Because of that, I was riding the brake pedal almost all the way down the hill.

It was dark and cloudy, and things were going well. We were talking, but remained attentive to the road and what was going on around us. I definitely didn't want to meet any moose on the poorly lit road. That could definitely ruin my evening.

What happened as I got down toward the low point in the road; however, was definitely not what I expected.

It was one of the lowest points in the road, I was coming up on a corner and going the speed limit. It was dark and the background on the sides of the road were dark as well with dirty snow and dark trees.

Suddenly, out of nowhere, on the right shoulder, something caught my eye. It was just a bit in front of me, and it took less than a moment to realize what we saw ... an elderly

Somewhere between 5 and 10 feet in front of me, an elderly couple appeared on the edge of the shoulder, just about to step into the lane and the path my car was on. I was lucky ... they were just far enough off, out of the path of my vehicle, that I didn't hit them. But I was so close to them by the time I could see them at all, that I had no chance to stop or to swerve out of the way had they moved into the path of my car. If they did, I would have hit them, and I'm sure at 45 mph, injured them severely, or possibly even killed them.

I don't revel in that, nor am I happy about how close I came to having that accident. I'm just very thankful to God they didn't take that step out into the road. But even with it not happening, we were still shaken throughout the rest of the evening with the thoughts of what might have been.

This near accident got me thinking ... why didn't I see them there? The

answer is simple. They were wearing dark clothing, dark hats and not a single bit of reflective material.

We've all heard about wearing reflective belts and it's kind of a pain to put them on, but I'm here to tell you, I've always believed in them, and more so after this incident.

It's simple math, to be honest with you ... I saw that elderly couple just a few feet in front of me. Had they been wearing a reflective belt or some amount of reflective clothing — like our new physical training uniform, many athletic shoes, some winter outer garments that have reflective material incorporated into them that can be seen from nearly 1/4 mile away, I would have seen them much sooner, been able to slow down, stop or swerve out of harm's way.

So when you go out, and it's even starting to get a little darker, put on the belt ... put on some clothing with reflective gear ... and make sure your family members do the same. I was lucky ... my Friday night was not ruined, I was only shaken up for a while, and I got to enjoy a 6-5 Aces victory.

The elderly couple was luckier ... I didn't hit, injure or possibly kill them. If they had been wearing reflective gear, there would have been no issue and I'd not even have thought about writing this story.



Brig. Gen. Hawk Carlisle

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224 actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Mike Hass, 3rd CES/CC 552-3007 Lt. Col. Mark Allen, 3rd SVS/CC 552-2468 Lt. Col. Brett Meyer, 3rd SFS/CC

552-4304

Straight Talk Line reports Elmendorf road conditions

U: I tried using the Straight Talk Line recently before my trip to work from Palmer. The message was updated at 3:50 a.m. The conditions at Elmendorf were reported to be Amber. While at 3:50 a.m. this may have been true, there were many accidents that proved otherwise.

Is the Straight Talk Line only for driving conditions

While this may be of great benefit to the population on the base, there is a large segment of Elmendorf members who commute from Anchorage and the valley. Can the Straight Talk Line be updated for driving conditions for these people?

For the folks that drive an hour or more from the valley it would be nice to know in advance.

A: Thanks for calling and using the Straight Talk Line. The line is set up to provide information that may affect the activities of base members and as a part of that mission, provides road and weather conditions for Elmendorf.

The Straight Talk Line is updated when road or weather conditions at Elmendorf change.

Unfortunately, with our Arctic Warriors living throughout the Anchorage Bowl, the Mat-Su Valley as well as onto the Kenai Peninsula, we are unable to provide road and weather conditions for off-base locations. Those can be found through local television and radio stations as well as through the Alaska's Road and Weather Report line.

That line can be reached by dialing 511.



The 3rd Communications Squadron Information Systems Flight took short-notice actions to implement a variety of security measures directed by the Joint Task Force Global Network Operations. Working more than 150 hours during the Thanksgiving weekend, the team implemented a malicious logic scan on more than 5,000 computers, provided remediation and patching for more than 500 personal computers, and investigated possible intrusion activities. These actions continue to ensure secure network operations for all Elmendorf users.

Master Sgt. Ted Ulibarri, Tech. Sgt. Paul Wenzl, Staff Sgts. Wayne Zuiderhof and Eduardo Pena and Airmen 1st Class William Robbins and **Dustin Miller, 3rd Equipment** Maintenance Squadron, displayed outstanding teamwork during an emergency munitions request for a C-5 Galaxy. Upon notification, the team immediately sourced, inspected, pulled from stock, and transported the required replacement fire extinguisher cartridges in less than two hours. The team's dedication to duty and wing's mission were instrumental in the aircrew's ability to enable the C-5 Galaxy to resume duties as a Presidential support aircraft.

Maj. Barry Luff, 19th Fighter Squadron, distinguished himself as project officer, Coronet West 410, supporting the introduction of the F-15K to international air show audiences at Sacheon and Seoul, Republic of Korea. His efficient management of resources saved the Air Force \$500,000 in this endeavor and paved the way for enhanced cooperation throughout eastern Asia.

Airmen 1st Class Matthew Allsbrook and Mason Davenport, and Airman Jeremy Kupiec, 3rd CS, revamped the SIPRNet user creation process. The team validated 2,562 user accounts and removed 1,028 dormant accounts, decreasing unauthorized SIPRNet access by 40 percent. They also refined tracking, decreasing account creation wait time by half. During a core communication facility power outage, as first responders they prevented hardware failures on 35 critical servers, avoiding \$5 million in damage.

Sourdough Sentinel

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the 3rd Services Squadron.

The deadline for article submissions to the Sourdough Sentinel is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the Sourdough Sentinestaff. Submission does not guarantee publication.

For more information, call the Sourdough Sentinel office at 523 2002 or 553 2004.

552-2493 or 552-8941, e-mail: sourdough.sentinel@eln af.mil, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119

Elmendorf AFB, AK 99501

3rd Wing Moment in History Jan. 1, 1941:

The 3rd Bombardment Group converted to the Douglas A-20 Havoc, a twin-engine attack bomber.

Elmendorf Airmen awarded Bronze Star Medal

By Lt. Col. Michael T. Halbig 3rd Wing Public Affairs

Two Arctic Warriors were recognized Dec. 27 with the Bronze Star Medal for their actions while deployed to Iraq earlier in 2005.

Master Sgt. David John and Airman 1st Class Adam Giran, both assigned to the 3rd Security Forces Squadron, were honored for their actions when they were assigned to the Army's Detachment 2632, 457th Transportation Battalion at Logistical Support Area Anaconda in Balad, Iraq, last summer.

"I am humbled and immensely proud to have the honor of decorating these two American heroes," said Brig. Gen. Hawk Carlisle, 3rd Wing commander. "Reading what these guys did is just amazing and it shows the great enlisted force we have, not just in the Air Force, but also in the entire U.S. military. It is one example of why it is so rewarding to be in the Air Force, and even more so for me, to be their commander."

Airman Giran

On the night of March 30, 2005, Airman Giran was a gun truck's .50 caliber rifle gunner on a convoy transporting 20 tractor-trailer loads of ammunition and supplies from LSA Anaconda to Forward Operating Base Endurance in Q-West, Iraq, he said. While returning to Anaconda, the lead element of the convoy came under attack from Improvised Explosive Devices, he added, and he saw one detonate on a trailer ahead of his vehicle.

"I thought to myself, 'Here we go, gametime," Airman Giran said. "I heard it come across the radio as we pulled up and reported to the scene that they needed a [Combat Life Saver] to give aid to an injured person. I told my driver to 'Get up there, get up there.""

His driver drove up along the other convoy vehicles trying to get out of the kill zone and Airman Giran handed off his gunner duties to a crew member, grabbed his CLS bag and headed to the injured person on foot, he said.

"When I got to the scene I saw the casualty, a contractor working for Kellogg, Brown and Root," he said. "I was surprised with how I reacted. I remained calm,

I knew what I had to do and I just did it.

"I got him out of the vehicle and my training just kicked right in. A piece of shrapnel had come through the truck and hit him in the shin ... it was a bad wound to the shin," he said. "I pulled him out and cut away his pant leg and found that he had a really, really bad wound to his leg.

"After prepping the wound, I stopped the bleeding and carried him to the aid vehicle and began to administer an [intravenous drip],"

the airman, with only one year and seven months in the Air Force, added.

Once the contractor was stabilized, Airman Giran informed the convoy commander that the casualty was ready to be transported out of the kill zone and returned to his position in the gun truck, which then escorted the aid vehicle to a nearby FOB medical facility for further treatment.

"Reports came back from the medics that shrapnel had hit a main artery in his lower leg and if I hadn't done what I did, he could have died," Airman Giran said.

"It was definitely an adrenaline rush after hearing that," he said. "After doing everything, it didn't seem quite real and it didn't really hit that hard until I talked to a medic who said, 'You saved his life."

To prepare for this deployment in support of Operation Iraqi Freedom, he said, he went through basic convoy training in Texas. In addition to the convoy school, the 22-year-old said he attended the Army's Basic Life Saver Course where he was trained to stop bleeding, administer IVs, treat fractured bones and other injuries that could be faced on the road.

For his actions that night, Airman Giran was awarded the Bronze Star Medal.

"It's unbelievable," he said.
"This was my first deployment. I went into it to do everything I can and get as much out of it as possible and everything seemed to fall into my lap. I owe everything I have gotten from the experience to the people that I worked alongside. I never thought I'd be here in this position right now."

Sergeant John

"I owe everything I have

gotten from the experience

to the people that I worked

alongside. I never thought

I'd be here in this position

- Airman 1st Class Adam Giran

Bronze Star recipient

right now."

Rather than earning an award for a single action, Sergeant John earned his Bronze Star Medal for his service throughout his entire six-month deployment as the flight leader and as a convoy commander.

During his deployment, Sergeant John lead a flight of 44 Airmen driving convoys throughout Iraq,

delivering equipment, vehicles, ammunition and supplies to the various Forward Operating Bases in the country. Between March 5 and Sept. 1, 2005, his team made history as it experienced no casualties while

driving more than 450,000 miles on more than 800 convoys, he said.

"I'm very proud of this achievement," Sergeant John said. "It's a big feat being the first detachment without experiencing any injuries or casualties."

That record was due to the fact the convoys run by the detachment were hard and fast, our plan was to "get through quickly, as fast as you can, and remain vigilant the whole time," he said. "And, to put



COURTESY PHOTO

Airman 1st Class Adam Giran sits in a humvee in Balad, Iraq. Airman Giran and Master Sgt. David John, 3rd Security Forces Squadron, were awarded the Bronze Star Medal for their work while assigned to Detachment 2632, 457th Transportation Battalion at Logistical Support Area Anaconda in Balad.

it bluntly, our troops were not afraid to engage the enemy."

His role, Sergeant John added, was to maintain a certain level of vigilance, ensure the 44 Airmen under his leadership were taken care of and to be sure they didn't get complacent. "Over there," he said, "complacency kills."

Safety was a major concern for the SNCO with more than 21 years in the Air Force. His flight was credited as being the first within the 457th Transportation Battalion to use flares to stop and detour approaching vehicles. It was a move that helped to ensure the safety of the crews conducting the convoys and also the Iraqi civilians they encountered on the roads, he said.

That escalation of force is now a standard within the entire 1st Combat Support Command, he added.

He also was credited for altering the design of the front plate

turret on the detachments gun turrets, a design that increased protection for the most vulnerable position on the trucks.

"The original turret was metal and the gunners couldn't see through the front of it, so we designed a turret that used ballistic glass in front so the gunners could see," he said. "The gunners could see the target in front of them and they could then see vehicles approaching a little more easily.

"We tested in for about 30 days and found that it worked fairly well except that the ballistic glass was a lot heavier than the metal and the gunners couldn't turn the turrets as fast as they needed to," he explained. "So, we scrapped the idea and designed another turret to give gunners more protection. It was taller [it stands 1 to 2 feet taller than the original turret] and provides greater protection on the gunner's bodies in the case of an IED attack.

"We basically just improved on the original design, but it gave the gunners more confidence as they knew they had better protection," Sergeant John noted.

"Now, there are modified turrets in use by the unit that replaced us and more. The add-on armor shop at Anaconda kept those modifications and were doing that same modification on all the vehicles they were modifying."

Personally Sergeant John led more than 160 convoy missions, often times taking the most treacherous missions himself, his nomination noted.

On one mission, his flight pushed a critical load of ammunition through small arms fire, mortars and

vehicle-borne
IEDs to resupply the guards
defending the
Abu Ghraib
prison from
insurgent attack,
he said. That
mission allowed
the guards to be
successful by

having enough ammunition to repel their attackers.

As for earning the Bronze Star, Sergeant John noted that it was "pretty awesome" to be recognized for what he did, but also noted that he felt that he was a little undeserving. "We all worked together as a team, and it was a team effort. My troops were on the road just like I was; they did as many or more missions, they saw just as many engagements and had just as many or more IEDs blow up around them as I did."

But, he admitted, as the convoy commander, he was charged with the responsibility for the lives of everyone on the convoy, a responsibility where his success was "totally dependent on the members of the convoy.

"I went over there to do a job," Sergeant John summed it up with, "I did the job and I brought all my troops home alive."

"I went over there to do a job. I did the job and I brought all my troops home alive"

- Master Sgt. David John
Bronze Star recipient

Deployed EOD teams dispose of munitions

By Staff Sgt Scott Campbell 386th Air Expeditionary Wing Public Affairs

With more than 1,200 man-hours spent on reportable incidents and destroying 595 unexploded bomblets, mortars and various other threats, the 386th Air Expeditionary Wing in Southwest Asia has the busiest explosive ordnance flight outside of Iraq, said Explosive Ordnance Disposal Flight Chief Master Sgt. Chris Schott, deployed from Elmendorf.

"The (first Gulf) war started 15 years ago and (unexploded ordnance) are still being found. The sands and time are exposing more every day," said Staff Sgt. John Carroll, an 386th EOD technician, also deployed from Elmendorf.

Sergeant Carroll said security forces recently found a bomblet that the Bedouins probably found and put on a rock so it would be seen. The team was dispatched to the scene to dispose of it and found others while there.

"(In this second type of ordnance



PHOTO BY STAFF SGT. SCOTT CAMPBELL

Staff Sgt. John Carroll inspects a bomblet found in the sand in Southwest Asia. The bomblet is of U.S. design and most likely dates back to the first Gulf War. Sergeant Carroll is a 386th Explosive Ordnance Disposal technician, deployed from Elmendorf.

found), there are 220 bomblets in a dispenser and we figure they have about a 10 percent dud rate. On top of that, who knows how many canisters they dropped? That's a lot of

bombs that didn't go off," Sergeant Carroll said, describing the hazards of working outside the base.

Sergeant Carroll said identification of the ordnance is also important. The EOD team has to positively identify them so they know what different safety precautions to take. It also lets them know how the ordnance functions so they have an idea why it didn't go off. The submunitions found on this trip were U.S. munitions left over from Desert Storm

Once identified, the technicians destroyed the bomblets with explosives and returned to base.

"A lot of folks never actually see what we do because it's either on our range or outside the wire, which causes lots of misconceptions about our mission," Sergeant Schott said.

In addition to disposing of munitions from yesteryear, EOD swept more than 542,000 square meters of land for future construction projects, trained U.S. military and local host nation security forces in ordnance procedures and responded to numerous aircraft-related ordnance hazards. In short, EOD members have to be ready for virtually anything involving an explosive hazard.

Extra, extra read all about it ...

The Sourdough Sentinel staff wants your opinion.

To participate in the newspaper readership survey online, log on to:

 $www. a fnews. a f.mil/internal/survey/survey_index. htm.$



Did you know you can fill out a DD Form 2266, Hometown News Release, for a variety of accomplishments? For details, call Staff Sgt. Francesca Popp at 552-2493.

Eagle Eyes are watching

Eagle Eyes. You see the phrase on the Commander's Channel. You see it in lights on the base marquis. You see the flyers posted around the Elmendorf community. How many times have you asked yourself "What is Eagle Eyes?"

The Eagle Eyes program is an anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror. It is an Air Force program for Air Force bases and the communities around them.

While nationwide responsibility for countering terrorism rests with the FBI, the Air Force Office of Special Investigations works with the bureau to interdict terror attacks on or near Air Force installations, because that's where our people and resources reside.

History has shown that every terrorist act is preceded by observable activities. And since law enforcement officials, to include AFOSI special agents, can't be everywhere, all the time, the Eagle Eyes program relies on everyone to remain vigilant. Only you know your neighborhood. Only you know your workplace. Only you can identify what seems out of place in your environment.

The Eagle Eyes program starts with educating people about typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it. Second, the

program provides a network of local, 24-hour phone numbers to call whenever suspicious activity is observed.

There are several things people can be aware of. For example, pre-attack indicators may include surveillance, elicitation, tests of security, acquiring supplies, suspicious persons out of place, dry runs and deploying assets. Recognizing and reporting these activities plays a vital role in deterring potential attacks.

Upon notification of suspicious activities, AFOSI investigates the matter and alerts the intelligence and law enforcement community of potential threats. In addition to investigating the report, AFOSI publishes suspicious information through Department of Defense Threat and Local Observation Notices. TALONs also alert military commanders and staff of potential terrorist activity or apprise them of other force protection issues reported in their area.

If you see anything that looks suspicious to you, report it. On base, call the 3rd Security Forces Squadron Law Enforcement Desk at 552-4444 or Detachment 631, AFOSI at 552-2256. Off-base, notify your local law enforcement agency first if you require immediate response to an incident, then contact AFOSI to follow up with a TALON.

Remain vigilant ... Watch, Report, and Protect.

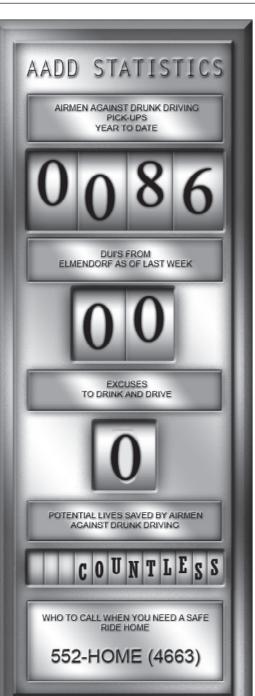
(Courtesy of Det. 631, AFOSI)



PHOTO BY TECH. SGT. SHARON BALTAZAR

STEP promotions

Col. Joe Skaja, 611th Air Support Group commander, surprises Tech. Sgt. Maria Lekity, 611th Air Support Squadron, with a Stripes for Exceptional Performers promotion to master sergeant Dec. 29. Additionally, the 3rd Wing promoted the following people. To master sergeant — Scott Armstrong, 3rd Comptroller Squadron, and Herschel Deaton, 3rd Civil Engineer Squadron. To technical sergeant — Sky Metz, 3rd Dental Squadron; Chris Delos-Reyes, 517th Airlift Squadron; Joseph Sheehan, 703rd Aircraft Maintenance Squadron; Jonathan Bowman, 19th Fighter Squadron; and Raphel Rauer, 3rd Aerospace Medicine Squadron. The STEP program, established in 1980, is designed to meet those unique circumstances that, in the commander's judgment, clearly warrant promotion. Under STEP a limited number of airmen with exceptional potential may be immediately promoted to the ranks of staff sergeant through master sergeant.



PFD info

Anyone interested in receiving a Permanent Fund Dividend in 2007, must be an Alaskan resident for the entire calendar year of 2006

For information, visit www.pfd. state.ak.us or call the base legal office at 552-3048.

SARC office has relocated

The Sexual Assault Response Coordinator's office has relocated to 7179 Fighter Dr. in Denali Hall.

For information, call the SARC office at 551-2035 or 551-2034.

TSP enrollment change

The Thrift Savings Plan no longer has percentage limits for contributions.

Members may contribute up to \$15,000, the full amount allowed by the Internal Revenue Service.

For information, visit www.tsp. gov/rates/fundsheets.html.

SNCO Academy extension request

SNCOs enrolled in the SNCO Academy must now request extensions directly through the help desk at the Air Force Institute for Advanced Distributed Learning.

To do this, go to www.maxwell. af.mil/au/afiadl/main.htm, select customer support, then select "Ask a question/request."

Palace Chase

The Palace Chase program allows eligible individuals to apply to separate from active duty to join the Air Force Reserves.

Anyone interested in Palace Chase should contact Master Sgt. Bryan Schexnayder at 552-3595.

DeCA scholarship available

The Elmendorf Commissary has applications for the Scholarship for Military Children. Applications must be turned in by Feb. 22.

For information, visit www. militaryscholar.org or call 580-4425.

Bank hours

Alaska USA Federal Credit Union's hours are 10 a.m.-6 p.m. Monday through Saturday for the lobby and 9 a.m.-6 p.m. Monday through Saturday for the drive through.

For information, call 563-4567.

Remove name from credit lists

Log on to www.OptOutPrescreen.com and follow the directions to remove your name from preapproved and prescreened credit or insurance lists. Under the Fair Credit Reporting Act, the Consumer Credit Reporting Companies are permitted to include your name on lists by creditors or insurers to make offers of credit or insurance. The FCRA also provides you the

right to "opt out", which prevents Consumer Credit Reporting Companies from providing your credit file information for offers of credit or insurance that are not initiated by you.

For information, call the Legal Office at 552-3048.

Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar at 1 p.m. Monday at 6346 Arctic Warrior Drive. The class lasts two to three hours.

Seating is limited.

For details or to make a reservation, call 552-4439 or 552-4328.

Career resource library

The Family Support Center has books available for those interested in making a career change. Books include information on applying for federal positions, and writing cover letters and resumes.

For information, contact the FSC at 552-4943.

Volcanic activity

Mount Augustine, located approximately 200 miles west of Anchorage, has been showing signs of volcanic activity. For tips on emergency planning, go to www.avo. alaska.edu, or from a government computer: https://portal.elmendorf.af.mil/units/3MSG/3CES/CEX/FSTR/FSTRInformation/default.aspx.

For information, contact Master Sgt. James Ferguson at 552-4897.

Spouse Tuition Assistance

Spouse Tuition Assistance approval letters must be picked up today at the Education Center, Room 232. Failure to pick up approval letters will result in cancellation of approved funding.

For information, call Max Mc-Oueen at 552-3494.

End to BAH Differential

As of Dec. 31, Basic Allowance for Housing differential is eliminated for members who do not reside in the dorms. Members receiving single rate BAH and the differential will have their entitlements changed to the BAH with dependants rate.

For information, call 552-5212 or e-mail 3cptsfso@elmendorf.af.mil.

Honor Guard training class

The Elmendorf Honor Guard is conducting a training class from Jan. 23-27.

Anyone interested in joining the honor guard should call Staff Sgt. Michael Leonard at 552-2252.

Transition Assistance Seminar change

The Force Shaping Transition Assistance Seminar has been extended for a half day. This is to allow for a detailed Veterans Administration Benefits briefing on Feb. 3. The seminar dates are now Jan. 31-

If you are affected by Force Shaping call the Family Support Center at 552-4943 to sign up for this seminar.

Free movie

The Armed Services YMCA will sponsor a free movie at 2 p.m. Jan. 14 at the base theatre. The movie will be "Harry Potter and the Goblet of Fire."

Active Duty and military families can pick up tickets at the central office at 7179 Fighter Drive.

For information, call Taryn Perez at 552-9622.

Elmendorf passes extended

Due to a shortage of Air Force Registered Vehicle Expiration Stickers, Elmendorf and Ft. Richardson officials have extended the grace period for all 2005 year stickers issued by Elmendorf until Jan. 31.

The Pass & Registration office is waiting for the shipment of its requested allocation.

For information, call Staff Sgt. Rodrica Brown at 552-5665 or Staff Sgt. Starr Haywood at 552-5988.

Military One Source

Military One Source is a Department of Defense contractor who provides information, referral, and short-term counseling to all active duty military members.

This service provides face-to-face

individual, couple, and family counseling with a civilian mental health provider to address issues that can be resolved in six sessions.

Military One Source, like military providers, has limits to confidentiality and is required to notify local military and civilian authorities in cases of danger to self or others, abuse, or conditions interfering with flying, PRP, or weapons bearing duties

For more information, call Military One Source anytime at (800) 342-9647.

Chapel volunteer

The base chapel is seeking a volunteer receptionist to answer phones and provide customer service.

For information, contact Master Sgt. Scott Koedam at 552-4422.

Base library to reopen

The Elmendorf Base Library will reopen Jan. 17.

For information, call Capt. Wayne Stiles at 552-2454.

2006 Iditarod Weekend Snow Machine trip

The Armed Services YMCA is sponsoring an essay contest, in which the winners will receive an all-expense paid weekend snow machine trip to the first official Iditarod checkpoint.

The ASYMCA will select one winner from the Air Force, Army and Coast Guard.

For information, call Taryn Perez at 552-7397.



Chapel Schedule

Catholic Parish

■ Monday through Wednesday and Friday Mass:

- 11:30 a.m. at the Chapel Center **Thursday Mass:** 11:30 a.m.
- at the Hospital Chapel

 Sunday Mass: 10:30 a.m. at
- Chapel 1
 Sunday Evening Mass:
 5 p.m. at Chapel 2
- Confession: 4:30 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

■ Catholic Religious

Education: Sunday at 9 a.m. at the Chapel Center.

■ Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.

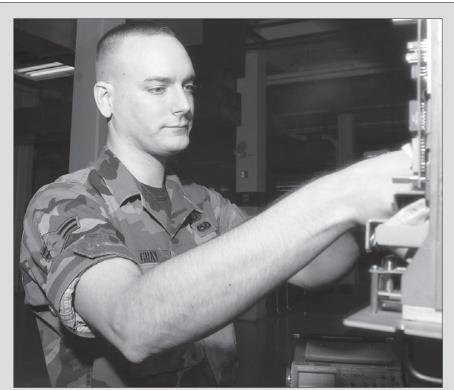


PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Airman 1st Class Andrew Gray

Organization and duty title: 3rd Communications Squadron radio maintenance technician

Hometown: Pueblo, Colo.

Hobbies: Basketball, off-road driving, BattleTech and volunteering for an animal rights organization

Mission Contributions: Maintenance of global, high-frequency radio systems.

Time at Elmendorf: One year four months Time in the Air Force: Two years three months

Best part about being in Alaska: Long, bright summers and plenty of rough trails to drive my truck on.

Quote from supervisor: "A1C Gray's constant dedication to the diverse challenges of this work center is without equal. He is always striving to increase his knowledge of a broad array of complex communications equipment and excels in passing that knowledge along to his fellow Airmen." Tech. Sgt. Lance Stone.

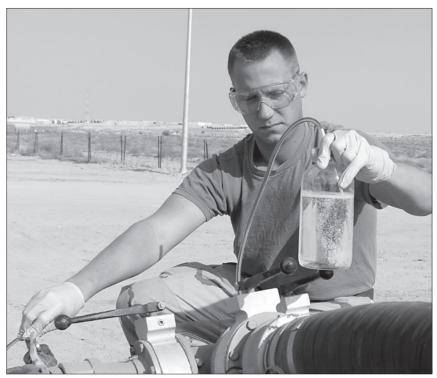


PHOTO BY TECH. SGT. MARK GETSY

Crystal Clear

Senior Airman Mike Van Damme, 386th Expeditionary Logistics Readiness Squadron Fuels Flight, checks the fuel's density using a hydrometer. Fuel used on base is tested every time a new shipment arrives. Airman Van Damme is deployed from Elmendorf to Southwest Asia in support of Operation Iraqi Freedom.

Value your stripes? Don't drink and drive, call Airmen Against Drunk Driving 552-HOME (4663)

Deployed Elmendorf firefighters ready for anything

By Tech. Sgt. Mark Getsy 386th Air Expeditionary Wing Public Affairs

When many deployed Airmen receive a tasking, they normally have a day or even a week to complete it.

For one group of Airmen, deployed to Southwest Asia, their deadline is only minutes, and it could be the difference between life and death.

The responsibility of the men and women of the 386th Expeditionary Civil Engineer Squadron's flightline fire department is simple — to respond to any incident and be ready to help someone who cannot help themselves in emergency situations.

To ensure they are ready to meet the tasks, Tech. Sgt. Timothy Grimes, flightline fire department assistant chief, deployed from Elmendorf, said it takes a lot of exercising and training.

"We conduct training exercises at least twice a week," Sergeant Grimes said. "Our training consists of anything from a simulated aircraft crash to a structural fire."

The crew also trains for any outof-the-ordinary responses that could come up, Sergeant Grimes said.

"We've also trained on scenarios such as a person being stuck under a vehicle that fell off a jack," he said. "In this situation, we practice our requirements to stabilize the patient while using high pressure air bags to free him or her from the vehicle."

Training is vital because every

situation is unique, said Tech. Sgt. Thomas Gervais, a former training instructor, also deployed from Elmendorf.

"No emergencies will be the same," he said. "The amount of passengers may vary or the aircraft may be different. Failure to train can only mean chaos. If you train properly, it becomes second nature."

The training of the 24 firefighters assigned to the station has proven to be critical as they have responded to more than 200 calls since they've deployed during this rotation. One of them was a mass casualty accident involving Soldiers.

"We had a major bus accident occur off base. When we first arrived, the (Soldiers) were performing self-aid and buddy care," Sergeant Grimes said.

"We immediately started assisting them until other medical personnel arrived. It was amazing watching how everyone came together from different branches of the military. The professionalism of everyone out there was critical to support patients being transported by ground and air," he said.

Sergeant Grimes said it's situations like these that make training vital to a successful response.

"Our standard is no more than three minutes to be at the furthest point of the runway for an unannounced emergency," he said. "If we are pre-warned, we must cover the



PHOTO BY TECH SGT MARK GETS

Staff Sgt. William Young pulls a "victim" out of a simulated aircraft fire. The fire department trains throughout the week to prepare for realworld incidents. Sergeant Young is with the 386th Expeditionary Civil Engineer Squadron fire department. He is deployed from the 3rd Civil Engineer Squadron at Elmendorf.

entire airfield in less than a minute from the time of the incident."

Sergeant Grimes said there is absolutely nothing more important than knowing the firefighters are prepared to help someone else correctly and safely.

"If we don't train, we can't be there when others need us," he said. "We've seen a little of everything (while deployed here.) I can honestly say, our guys have been there whenever and wherever the mission needed us."

Wing's top enlisted member discusses goals

By Senior Airman Jared Marquis 3rd Wing Public Affairs

The new 3rd Wing command chief master sergeant is a positive person, who prefers to focus on the good things the wing does.

"Oftentimes, we focus on the things that need to be fixed, but I think it's important to

celebrate the good things we do," said Chief Master Sgt. Timothy Carroll, who officially began in this assignment Tuesday.

"The dynamics of this community, the diversity of the mission and the number of people it takes to keep this place going and make it so successful is something we have to celebrate as often as we can. I don't think that

it's possible for us to pat people on the back enough," he said.

Along with rewarding people, the chief said it is important to be a good wingman.

"In any community, the challenge we always have is taking care of each other. Each one of us is important to keeping this mission going," said Chief Carroll. "Keeping each other in the fight and on the team is always our greatest challenge. Some of the ways we do that are safety, security, career progression and keeping people motivated. Top to bottom, whatever it takes to keep people on the job."

Manning issues make taking care of each other much more important, said the chief.

"When I first came in, we could afford to lose people, in today's Air Force, we can't. We have the right number of people in a lot of places and we have too few people in some places. I don't know of anywhere that we have more than we need, and that makes each one of us a key piece," he said.

Chief Carroll said the Air Force continues to get the job done, despite being undermanned in some areas.

"One of the greatest hallmarks of our enlisted

force is that we will get the job done, whether we have the right number of people to do it or not. Because of that, the system does not always accept that we don't have the right number of people," said Chief Carroll. "For example, the force shaping and the balancing of force we've been doing for the last couple of years is absolutely critical to getting the right people in the





PHOTOS BY STAFF SGT. DAVID DONOVAN

Chief Master Sgt. Tim Carroll, 3rd Wing command chief master sergeant, discusses his priorities as the 3rd Wing's new senior enlisted leader.

right places."

Chief Carroll, who left the Professional Military Education Center as commandant to take the job as command chief, has also served as the top enlisted advisor at Minot Air Force Base, N.D., Diego Garcia, British Indian Ocean, and Ramstein Air Base, Germany. Bringing that experience with him, he will start visiting Arctic Warriors.

"My initial task is to get into the workenters, meet the people and see firsthand what our great team is doing on a daily basis to accomplish the mission," said the chief.

In addition to being a resource for the Airmen, Chief Carroll said he will be a resource to Brig. Gen. Hawk Carlisle, 3rd Wing commander.

"General Carlisle has an awesome responsibility with the size of this wing and mission we're expected to do. So, first and foremost, (my job) is to support him and keep the lines of communication open between the enlisted force and the general," said the chief.

He also said he encourages Arctic Warriors to look at the coming year with anticipation at the challenges that lie ahead.

"One of the things I have tried to do throughout the course of my career, and tried to point people in the same direction, was to always look for opportunities to do something different," he said.

Chief Carroll said looking for those opportunities helped him make chief.

"People always ask me when I made chief,

I tell them I made chief when I was a staff sergeant. When I stepped out and said, 'I'll do it.' There was an opportunity available that nobody wanted to do and I stepped out and did it," he said.

Looking for opportunities, and helping Airmen reach their full potential are the main keys to being a good supervisor, Chief Carroll added.

"Every one of our stripes is built on two pillars, technical ability and professional ability. And, we have to provide those paths and those opportunities for those folks who are coming behind us. We can't neglect one for the other. It is part of a package we are putting together, and we have to provide the support for our Airmen to build on those pillars. We call that mentoring. I call it good old fashioned on-the-job training and it is the premier responsibility of our NCO corps," he said.

He added that this is why sponsorship is so important.

"When I first came in, we didn't have the First-Term Airman Center, my boss was the one who met me at the airport, and he is the one that stood between me and a lot of bad decisions," he said. "FTAC is a great tool, and it is a tool that is in the supervisor's bag, but the ultimate responsibility is the supervisors."

One of the main points Chief Carroll wanted to get across, is that the Air Force is a community and as a community is full of resources available to help Airmen with their career.

"I want everybody to know, that I am one of the resources available."

Elmendorf C-130 crew helps save baby during humanitarian mission

By Capt. Michael G. Johnson 386th Air Expeditionary Wing Public Affairs

The C-130 Hercules aircraft deployed to Southwest Asia, have routinely hauled more than a million troops and 76,000 tons of cargo in and out of Iraq.

But the mission on Dec. 30, was not routine.

At about 4 p.m., an Elmendorf C-130 from the 386th Air Expeditionary Wing touched down in Kuwait carrying Baby Noor, her father and grandmother on their way to the United States for medical treatment.

Baby Noor was born with spina bifida and was given one month to live by doctors in Iraq, said Maya Dietz, vice consul for the U.S. Embassy in Baghdad.

Georgia National Guardsmen found the baby during operations in a Baghdad neighborhood.

While the troops were searching the house, the baby's grandmother took the infant to the Soldiers and asked for their help, Ms. Dietz said.

The guardsmen contacted their congressional representatives and

formed an elaborate coalition of humanitarian assistance. A surgeon in Atlanta offered his services free.

The commercial flights to the United States were donated by airlines and a non-profit organization in Atlanta will pick up the additional costs for the trip.

U.S. Embassy officials met the family in Kuwait and took them to a local civilian airport.

The Elmendorf C-130 crew on this mission originally had the day

"We weren't scheduled to fly, so to get alerted to fly something like this is pretty darn satisfying," said co-pilot Capt. Raul Ochoa of the 738th Expeditionary Air Squadron. "We've had the opportunity to take part in a lot of missions but this is probably the most rewarding."

The crew flew 71 troops and their gear into Iraq, and flew Baby Noor and her family out.

"We're just fortunate to be able to fly them out, it was an honor," said pilot Capt. Craig Hinkley. "I've never done a humanitarian mission quite like this."

U.S. Embassy officials in

Kuwait coordinated with the Kuwaiti minister of interior to allow a smooth passage to the U.S.

"They were very helpful, allowing these three Iraqis to transit through without visas," said Charles Glatz, a consul at the embassy.

While the story of Baby Noor now moves to the United States, members of the aircrew won't soon forget the flight.

"[This was] one of the best missions I've ever done," said loadmaster Tech. Sgt.

Dave Rea. "It's not often we get to help someone like that."

Flight engineer

Tech. Sgt. Bill
Thomas summed it up best.
"[This flight] makes it worth



PHOTO BY TECH. SGT. MARK GETSY

Baby Noor's grandmother and father take the infant, who has spina bifida, from an Elmendorf C-130 to awaiting transportation. Officials from the U.S. Embassy in Kuwait met the family and escorted them to a civilian airport, from there the Iraqi family will continue their journey to the United States.

getting up in the morning," he said. "I was pretty excited to do something this important."



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community

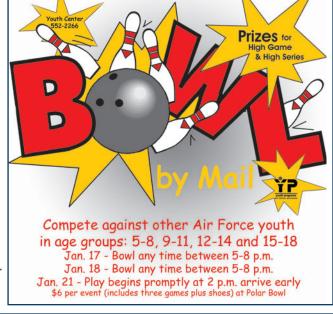
Ice Fishing Tournament 4 p.m. Jan. 14 at Hillberg Lake

Fun for the entire family. The Outdoor Recreation staff will be on hand to assist participants and to award prizes.

Must be 16 years old or older, have an Alaska fishing license, fishing stamp and harvest card.

Outdoor Recreation 552-2023



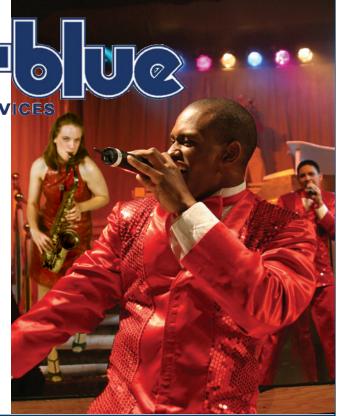






for information, call the

Arctic Oasis 552-8529



Today

Give Parents a Break 7-11 p.m., Sitka Child Development Center, 552-6403

Super Friday, free food for club members 5-6 p.m., Kashim Lounge and The Cave, 753-3131

Pre-Teen Dance 6-8 p.m., \$5, Youth Center, 552-2266

Free Lift Tickets for dorm residents 5-9 p.m., Hillberg Ski Area, 552-4838

Night Hoops 8:45-11:30 p.m., Young Adult Center, 753-2371

Hula Lessons 4-5 p.m., ages 4 to adult, Arctic Oasis, 552-8529

Beginner Stained Glass and Studio Time 6:30-9 p.m. today, Jan. 13, 20 and 28, \$85 plus \$45 per month studio time, limited to eight people, Arts & Crafts Center, 552-7012

RC (Rajun Cajun DJ) 9 p.m.-3 a.m., 18 and older, Kashim Lounge, 753-6131

"Warm Up Anchorage" 6-8 p.m., learn to crochet and then donate crochet squares to local shelters, Arts & Crafts Center, 552-7012

Southern Barbecue Buffet 5:30-8:30 p.m. \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50 (5 and under free), Susitna Café, 753-3131

"Broke After New Year Special" 11 a.m.-3 p.m., 25 cents per game, Polar Bowl, 552-4108

Saturday

Free Cross-Country Waxing Clinic, 1 p.m., Outdoor Recreation, 552-2023

Beginner Sign Language Classes Part I and II 2-4 p.m. Saturday, Jan. 14, 21, and 28, \$35, Arts & Crafts Center, 552-7012

Hip Hop and Jazz Classes 10-11 a.m., ages 4-18, Arctic Oasis, 552-8529

DJ with House Band 7:30-11:30 p.m. at The Cave, partnership with Young Adult Center, 753-2371

Xtreme Bowling 9 p.m.-1 a.m., \$18 per

person includes shoes, Polar Bowl, 552-4108

Karaoke 9 p.m., Kashim Lounge,

Kids Corner "Playing in Clay" 1-3 p.m., \$15 per course, ages 3-10, Arts & Crafts Center. 552-7012

Surf-n-Turf Specials 5:30 -8:30 p.m., Susitna Café, 753-3131

Sunday

Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers (shoe rental, two lanes, two pitchers of soda and popcorn), Polar Bowl,

Sunday Brunch 10:30 a.m.-2 p.m., \$16.95 Member First price, \$19.95 regular price, \$7.95 for children 6-12 (5 and under free), senior airmen and below receive a 25 percent discount with their club card, Susitna Café, 753-3131

Football Frenzy 8:30 a.m., adults only, must be club members to win prizes, Kashim

Beginner Cross-Country Ski Lessons 1 p.m., \$5 or free if you purchase skis or rent them for the season Outdoor Recreation,

Monday

Senior airmen and below special 5-9 p.m. 5 percent off bowling and shoes, Polar Bowl,

"Broke After New Year Special" 11 a.m.-4 p.m. 25 cents per game, Polar Bowl,

Tuesday

Bowler Appreciation Night 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

Parent Advisory Committee and Board Meeting 11:30 a.m., Susitna Club, 753-3131 Family Child Care Orientation and

Training 9 a.m.-4 p.m. Tuesday-Jan. 13, applicants interested in special shifts receive priority for training and licensing, FCC,

Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

Tang Soo Do Martial Arts Classes, assorted times for ages 3 to adult, Youth Center, 552-2266

"Broke After New Year Special" 11 a.m.-4 p.m. 25 cents per game, Polar Bowl,

Wednesday

Fitness Center opens at temporary facility in the old Commissary across from the People Center. 552-5353

Wednesday Night Madness 5-9 p.m., \$18 per lane up to five bowlers, shoes are not included, Polar Bowl, 552-4108

Bunco Potluck Party 5-9 p.m., \$5 plus potluck dish, Arctic Oasis, 552-8529

Crystal Earrings Beading Class 5:15-7:15 p.m., \$25, Arts & Crafts Center,

Ceramics Pouring Certification 6:30-9 p.m., \$25, Arts & Crafts Center,

"Broke After New Year Special" 11 a.m.-4 p.m. 25 cents per game, Polar Bowl,

Thursday

Red Pin Bowling 5-9 p.m., get a red headpin strike and receive a free game, Polar Bowl, 552-4108

Morning Coffee Conversation 10:30 a.m. book club for spouses of deployed members, Arctic Oasis, 552-8529

Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

Family Craft Time "Working in Clay: Create 'n Paint" 5:30-7:30 p.m., \$10 per person, Arts & Crafts Center, 552-7012

Tang Soo Do Martial Arts Classes, assorted times for ages 3 to adult, Youth Center, 552-2266

Jan. 13

Pre-Teen Lock-In 8 p.m.-8 a.m., \$30, Youth Center, 552-2266

Hula Lessons 4-5 p.m., ages 4 to adult, Arctic Oasis, 552-8529

Open Bowling 5 p.m.-1 a.m., \$2.75 per game, \$1.75 for shoes (children sizes 13 and below are \$1.25), Polar Bowl, 552-4108

"Warm Up Anchorage" 6-8 p.m., learn to crochet and then donate crochet squares to local shelters, Arts & Crafts Center, 552-7012

Southern Barbecue Buffet 5:30-8:30 p.m. \$8.95 Members First price, \$11.95 regular price, children 6-12 eat for \$4.50 (5 and under free), Susitna Café, 753-3131

Moyie Schedule

Today R 7 p.m. Get Rich or Die Tryin Starring Carl "50 Cent" Johnson and Joy **Bryant**

PG Saturday 2 and 7 p.m.

Starring Tim Robbins and Josh Hutcherson

7 p.m. Sunday Yours, Mine and Ours Starring Dennis Quaid and Rene Russo

Adults: \$3.50 Children: \$1.75 Movie Recording Line: 552-2344 Movies subject to change. For other movie listings and synopsis log on to www.aafes.com/ems/pac/elmendorf.htm.

Jan. 6, 2006 13 **2** Sourdough Sentinel **Feature**







Arctic Warriors have busy 2005

Clockwise from top left: Maj. (Dr.) Thomas Knolmayer, 3rd Medical Group chief of surgery, competes in the 33rd annual Iditarod Trail Sled Dog Race. Major Knolmayer, the only active-duty servicemember to compete, completed the nearly 1,200 mile race in just shy of 14 days, finishing 58th of a field of 79 starters. He plans to run in the 2006 race beginning March 4.

Moose Crossing housing division, adjacent to the base hospital, opened its doors to base occupants July 5, less than one year after construction began. The opening marked the first of 590 units, part of the Private Sector Financed Housing, managed by Aurora Military Family Housing, to be occupied. When the PSF Phase II is completed, AMFH will own and manage 2,022 homes on Elmendorf. Also, a street was dedicated to Airman 1st Class Carl L. Anderson, 3rd Logistics Readiness Squadron, who was killed in action while on a supply convoy mission near Mosul, Iraq, in August 2004.

President George W. Bush stopped in at Elmendorf Nov. 14 on his first leg of a week-long visit to Asia. He spoke to a crowd of more than 4,500 servicemembers, families and civilian workers from all the services. During his speech, he recognized the efforts of the thousands of Alaska-based Air Force and Army troops and units deployed to serve in the Global War on Terrorism. After his speech, President Bush and first lady Laura Bush met privately with four families who had relatives killed in action, thanking them for their sacrifices.

Members from throughout the base gathered Sept. 22 to pay respect on the 10th anniversary of the 24 fallen Airmen of Yukla 27, the only U.S. Airborne Warning and Control System to crash. The American and Canadian flags that had been flying over the memorial were retired. The American flag was enshrined in the 962nd Airborne Air Control Squadron building and the Canadian flag was placed in a case in a building dedicated in honor of Canadian Forces Sergeant Dave Pitcher at North Bay, Ontario, Canada.

Members of the deployed 517th Airlift Squadron were the first to bring aid to the earthquake devastated Pakistan, dropping 14 pallets of relief supplies within 48 hours of the earthquake. In addition, five members of the 386th Expeditionary Communications Squadron, deployed from Elmendorf, forward deployed to Pakistan to establish communications with the U.S. and in-country for earthquake relief workers.



- The 2005 Base Realignment and Closure round included changes to Elmendorf, which are: sending 18 F-15Es to Mt. Home AFB, Idaho, 18 F-15Cs to Langley AFB, Va., and six F-15Cs to the Air National Guard. In addition, the 176th Air National Guard Wing will be moving from Kulis ANG Base, to Elmendorf, provided there is enough federal funding, and will bring eight C-130s, three HC-130s, five HH-60s and Exeditionary Combat Support elements. Elmendorf will also form an active duty associate C-130 squadron with the Air National Guard and establish a joint base with Ft. Richardson

- Elmendorf breaks ground for C-17 simulator
- Air Force intends to base two squadrons of the F-22A Raptor at Elmendorf - Arctic Warriors support Tsunami, Hurricane
- and Earthquake relief - Former Chairman of the Joint Chiefs of Staff
- Gen. Richard Meyer, visits Elmendorf with the **United Service Organizations** - Arctic Warriors complete \$6.9 million, four-
- month runway construction project - Due to 3rd Security Forces Squadron manning, the Government Hill gate closes, Bluff Road gate

opens at reduced hours

- U.S. Army Alaska helps Elmendorf by supplementing manning for Muldoon Road gate
- 3rd Communications Squadron integrates Alaska Land Mobile Radio System
- Approximately 2,500 Arctic Warriors deploy in support of Operations Iraqi Freedom and Enduring Freedom
- Arctic Warriors finish construction on GPN-22 Precision Approach Radar System after original crew gets recalled to Keesler Air Force Base, Miss., because of Hurricane
- Elmendorf gets new 3rd Wing and Alaskan Command
- Elmendorf suffers six deaths in 2005, four of which were active-duty Airmen, while the other two were U.S. Marine Corps reservists killed in action in Iraq
- Elmendorf finishes year with 39 DUIs, 3rd Wing commander implements new DUI policy
- Elmendorf Central Heat and Power Plant closes and is replaced by gas heat and purchased electricity, resulting in a 36 percent energy savings and a \$123 million savings to taxpayers
- The Arctic Thunder 2005 Air Show was cancelled due to severe funding constraints across the Air Force. The 2006 Arctic Thunder Air Show is scheduled for Aug. 12-13.

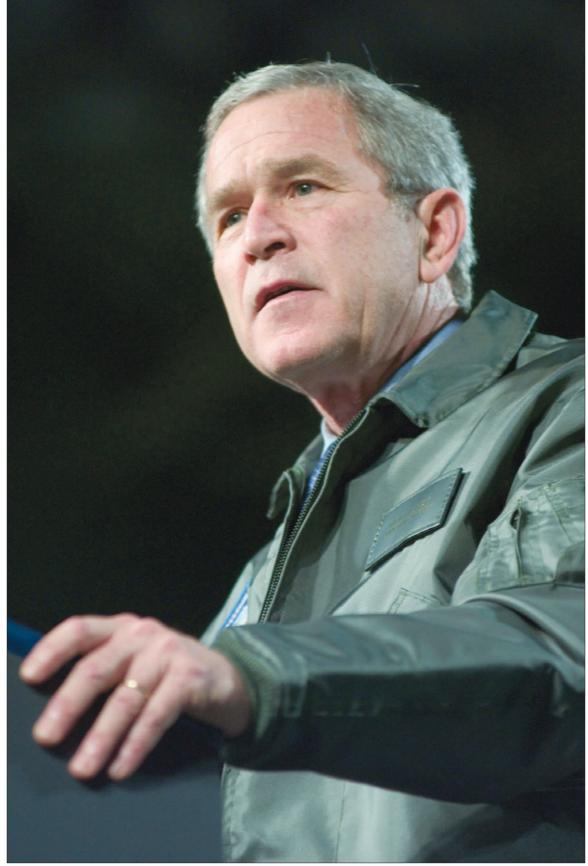


PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHA



PHOTO BY STAFF SGT. ALAN PORT

COURTESY PHOTO

In the Lead

By Capt. Tony Wickman

Alaskan Command Public Affairs

Across

- 1. Undersecretary of the Air Force
- Dr. Ronald M.
- 5. Hold up
- 9. 2005 McConaughey movie
- 11. New York city section
- 13. Suspended chemical
- 14. Printing error
- 16. Scottish hillside
- 17. Active, energetic person
- 19. Monopoly purchases, in short
- 20. USA unit of differing MOSs
- 21. Elbow or head follower
- 23. Tepid
- 24. NY Giant Manning
- 26. Southern Asia peninsula
- 27. USAF aerial mission
- 28. Blue jeans
- 30. Vice Chief of Staff Gen. John D.W.
- 32. Kitchen measurement, in short



Dec. 16 solutions

- 33. Ump
- 34. Dishonest
- 37. Stopwatches
- 40. Director Howard
- 41. Actresses Kudrow and Bonet
- 43. Fishing technique
- 44. Otherwise
- 45. Billy Ray Cyrus song "
- Breaky Heart"
- 48. Bumble or honey
- 49. Assist
- 51. Superhero comic
- 52. Northern Ireland capital

- 59. Decorative ribbon

- 1. Marketable
- short
- 4. Dry
- 5. Prohibit
- 6. Mistake
- 7. Pie __ mode
- 8. Cover the steps, again
- 9. Separated
- 10. Decorates
- 11. Brave
- 12. Chief Master Sergeant of the AF
- CMSgt Gerald R._
- 13. NBC rival
- 15. USAF decoration

- 46. Taxing org.

- 56. Breakfast food
- 58. Proverbial haystack item
- 60. Votes in favor
- 61. Final

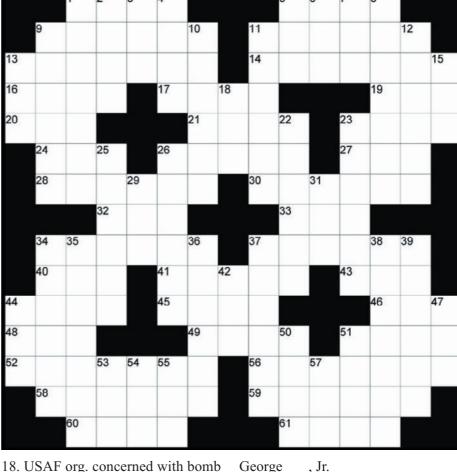
Down

- 2. 2000 Tony Award best actress
- 3. Investigative arm of Congress, in
- removal
- 22. New Zealand people
- 23. Ate greedily
- 25. Articulate
- 26. African antelope
- 29. USAF mission of UAVs
- 31. Sleep type
- 34. American soprano Augér
- 35. Air Force Chief of Staff Gen. T.
- Michael

Arthur J.

- 36. Asst. Vice Chief of Staff Lt. Gen.
- 37. Air Force Surgeon Gen. Lt. Gen.

- George ____, Jr.
- 38. Apparel
- 39. Branch out
- 42. Wayne movie " Wore a Yel-
- low Ribbon" 44. Fade away
- 47. Lorne Michaels' NBC sitcom
- 50. Beach item 51. Dec. holiday
- 53. Surcharge
- 54. Oklahoma town
- 55. Patrick AFB's 1st or 5th squadron, in short
- 57. Scheduling abbrev.



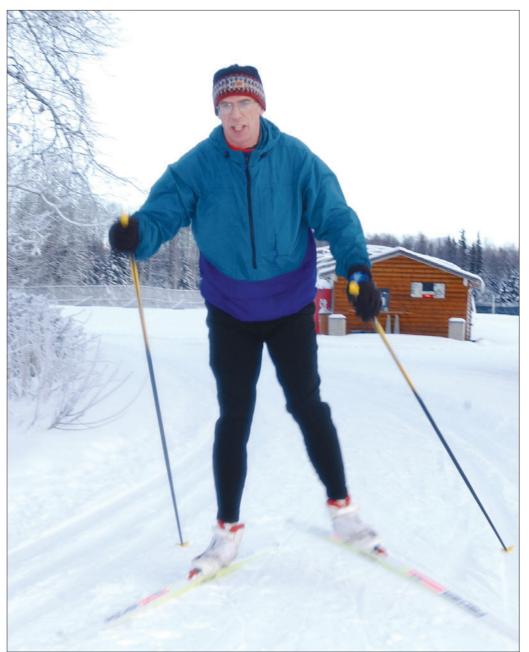


PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Snow Skating

Tom Lubeck, U.S. Army Corps of Engineers, works out on the trails at the golf course using skate skis. Skate skis are a short lightweight snow ski designed to be used with a rapid skating motion on relatively level ground.

Sport Shorts

Fitness Center

The Fitness Center will reopen Jan. 11 at its temporary location in the Old Commissary building across from the People Center.

In addition to the current fitness equipment, the facility will have a massage room, a spinning room, a small, carpeted group exercise room and men's and women's locker rooms.

Besides the temporary facility, there are several other workout options. One option is the Ft. Richardson Fitness Center, which will be used for the next two intramural volleyball seasons and the 2006 basketball season. Their basketball courts will also be available in the mornings on a first-come, first-serve basis.

Other fitness options include: the Ft. Rich swimming pool, the Arctic Oasis, the dorms, the Youth Center and, for those who have access, mini-fitness centers located at the 381st Intelligence Squadron, Combat Alert Cell, Base Hospital, 19th Fighter Squadron, Fire Station One, 703rd Aircraft Maintenance Squadron and the 90th Fighter Squadron.

The temporary Fitness Center will be open 4:30 a.m. -11 p.m. Monday-Friday and 9 a.m.-7 p.m. Saturday and Sunday. For information, call the Fitness Center at 552-3504.

Indoor Soccer registration

The Youth Center will hold Indoor Soccer registration until Jan. 13 for ages 3-18. Play will begin Feb. 13 and registration cost is \$45 per child.

For information, call 552-2121

Hillberg Ski Area

Hillberg is open for skiing and snowboarding. Conditions are good with hard packed, groomed trails.

For information, call 552-4838

New fishing license and base stamp

A new fishing license and base stamp is required as of Monday to fish in Elmendorf lakes. Also, no juvenile salmon can be kept if caught in Upper or Lower Six Mile Lakes.

Proper identification is required to distinguish juvenile salmon from rainbow trout; an information sheet will be provided when a new base stamp is obtained.

For information, call 552-1742



Flu shots

1st Lt. Rebecca Lee, 3rd Services Squadron, receives a flu shot from Staff Sgt. Joe Cardenas, 3rd Medical Group. The influenza vaccine is now available to all Tricare beneficiaries and is offered at the immunizations clinic from 8 a.m. to 4 p.m. Monday-Friday. Shots will also be available in the Joint Military Mall, next to the Ulimaaq Gift Shop, from 10 a.m. to 1 p.m. Saturday and Sunday.

